



# Safe Harbor

## Mission Statement

Safe Harbor,  
a non-profit organization provides  
shelter, supportive services and  
advocacy to survivors of domestic  
violence and sexual assault, as well as  
education, awareness and resources  
to our community.

Our dedication to these objectives  
reflects our belief in the right of all  
individuals to a self-determined life,  
**free of violence.**

24-Hour Crisis Line  
801-444-9161

Rape  
Recovery  
Program

## Agency Referral List

**Planned Parenthood:** reproductive health  
care services, regardless of age or income.  
SLC (801-322-5571) Ogden (801-479-7721)  
Call for information and appointments.

**Crime Victims Reparations (CVR):**  
monetary compensation to victims of crime.  
Safe Harbor can assist victims with completion  
of the application and with ongoing questions.  
CVR can be reached by calling 801-238-2360.


**Legal Aid Society:** free legal services for  
low-income individuals. (801-328-8849)

**Utah Crime Victims Legal Clinic:** free legal  
representation to crime victims when victims'  
rights are at state. (801-746-1204)

**Midtown Clinic:** free STD testing during  
their walk-in hours. They also provide afford-  
able medical care on a sliding fee scale for all  
other medical concerns with a minimum fee of  
\$25. They are located in Farmington.  
(801-457-3711)

**Rape Recovery Center:** affordable therapy for  
sexual violence survivors. (801-467-7282)

**211 Info Bank:** comprehensive resource  
center for information and referrals in the area  
of human services. Just dial 211 on your  
phone.



Safe Harbor can help you with your healing process through the following services:

- 24-hour Crisis Line
- Medical Advocacy
- Shelter
- Personal Advocacy
- Rape Crisis Coordinator
- Group support

All Safe Harbor services are confidential and available free of charge to survivors of sexual violence.

## Rape Education Services

Individual and group support that covers topics such as:

- Rape 101
- Survivor Responses
- Rape Culture and Myths
- Boundaries and Assertiveness
- Domestic Violence and Sexual Assault
- Anger
- Irrational Thinking
- Triggers and Coping Skills
- Supportive Others
- Trust and Building Relationships
- Self-Esteem
- Risk Reduction

## Rape is a Crime of Violence.

Rape can happen to anyone. It is not your fault and you are not alone.

You may be feeling guilty, ashamed, angry, and you should allow yourself to experience your feelings as they occur. You have been through a highly traumatic experience and you need time and support to help you heal.

Safe Harbor's Rape Recovery Program is here to provide help and support to those who have experienced sexual violence, regardless of how long ago the sexual assault occurred.